

11-1-1,5;2-1,5

## Building Confidence

<b>Grade Level</b>	Eleventh
<b>Minimum Time Required</b>	30 Minutes
<b>Materials/Resources</b>	Handouts
<b>Subject Area(s)</b>	Guidance – Language Arts

### Project Description:

See project procedure on the following page.

<b>Career Development Standard</b>	Understanding of the influence of a positive self-concept. Skills to interact positively with others.
<b>Career Development Indicator</b>	Demonstrate an understanding of the relationship between personal behavior and self-concept. Identify and appreciate personal interests, abilities and skills. Demonstrate effective interpersonal skills. Demonstrate how to express feelings, reactions, and ideas in an appropriate manner.
<b>Delivery Level</b>	Review
<b>Academic Standards</b>	
<b>Language Arts</b>	4.1.b deliver oral information in a logical, organized, and coherent manner. 4.1.c use listener response to evaluate the effectiveness of personal communication, e.g., participation, evaluation, feedback.
<b>Employability/SCANS Skills</b>	Personal Qualities Basic Skills Interpersonal Skills
<b>Assessment/Rubric</b>	Students will be evaluated based on class participation.

**Submitted by:** Career Education Office, St. Louis Public School

## **BUILDING CONFIDENCE**

**ACTIVITY #1** Divide students into groups of five. Ask students to think of three things they do well. They are to then take turns within their small group telling what three things they do well.

Ask students the following questions

1. Do you feel uncomfortable talking about things you do well?
2. What are some reasons why people do not mention the things they can do well?
3. Is it easier to talk to a stranger or to a friend about the things you can do well? Why?
4. Which is easier for you -writing about the things you do well or talking about them?

**ACTIVITY #2** Direct students to make a list of at least three things they like about themselves and to indicate why they like these things. Tell them that they do not have to share any answers that would make them feel uncomfortable. Ask for volunteers to share their answers with the class; do not call on particular students.

**ACTIVITY #3** Let one or two students per day stand in front of the class and tell about something special that is happening in his/her life. This can be a big event or a small event or whatever the student feels is special.

**ACTIVITY #4** Ask students to individually think of three people they admire. After a few moments ask students to think of what qualities these people have and what they learned from these persons. Permit students to state the names of these admired persons. List the names on the board along with the admirable qualities of each person.

**ACTIVITY #5** Ask students to reflect on the following questions:

1. Are you pleased with yourself just the way you are?  
Why or why not?
2. What things about yourself would you like to change? How would you do this?
3. Are the changes you want to make realistic for you?
4. Would you be happier with yourself if you made these changes?

5. What obstacles are preventing you from making personal changes?
6. How will you feel if you are unable to make these changes?

**ACTIVITY #6** Quite often, people focus more on the negative feelings they have rather than on their positive feelings. Practicing positive self-talk through the use of daily affirmations can counterbalance negative thinking and feelings. Begin each class period with a positive affirmation. Several examples follow. Each affirmation should be read to the class or placed on the board for all to see. Ask students to repeat the affirmation aloud several times in unison. Encourage students to internalize the affirmations and to permit themselves to believe in their own goodness, strengths and abilities.

I am lovable.  
I am capable.  
I am special.  
I am good.  
I am kind.  
I am remarkable.  
I am unique.  
I am important.  
I am worthwhile.  
I am beautiful.  
I am a hard worker.  
I am somebody.  
I am valuable.  
I am the best me that I can be.  
I will do my best in all subjects.  
I will succeed on every test.  
I am a competent person.  
I have the ability to succeed.  
I am a capable student.  
I enjoy learning.  
I am a success at school.  
I am a winner.  
I work well with others.  
Each and every day I am getting better and better.  
I like myself.  
I am a courteous person.  
I am a cheerful person.  
I am becoming my own best person.  
I am honest with myself.  
I am an honest person.  
I have a wonderful imagination.  
I set my own goals and achieve them.  
I will continue to learn and grow.  
There is no one else just like me.  
I am proud to be me.  
I am filled with enthusiasm.

I am patient.  
I look for the good in everyone and everything.  
I can only change or control myself.  
I am not afraid to fail.  
I am responsible for my actions.  
I always remember to use self-control.  
I use good judgment before I act.  
I do my best at all times.  
I will never give up.  
I will always believe in myself.  
My dreams are just appointments to be kept.  
I send positive thoughts and energy at all times in all situations.  
I am a good listener.  
I am a good communicator.  
Each day I make wise choices.  
Every action of mine is a free choice.  
I have an open mind and I'm willing to listen to new ideas.  
I smile and I receive smiles.  
I encourage and I receive encouragement.  
I have a good sense of humor.  
I am trustworthy.  
I am dependable.  
I am kind to others.  
I am a "go-getter."  
I am creative.  
I am alive, alert and filled with optimism.  
My life is filled with continuous success.  
Dropping out is a road to nowhere.  
I can master anything with a little patience.  
I am in the process of becoming.